



ELK GROVE COMMUNITY SERVICES DISTRICT

Fire ■ Emergency Medical Services ■ Parks & Recreation

PARKS AND RECREATION DEPARTMENT

8820 Elk Grove Blvd., Suite 3, Elk Grove, CA 95624

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For Immediate Release

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To: Elk Grove News/Sports Editors

From: Elk Grove Community Services District (CSD)

Public Service Announcement

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Recreation Coordinator

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SUBJECT: WINTER SPORTS FUN FOR YOUTH & PROSPECTIVE COACHES

Elk Grove, CA – Help your children become more active in 2004 by registering them for one of a variety of youth sports programs offering in January through the Elk Grove Community Services District. Registration is now being accepted for the classes below. Contact the CSD Department of Parks and Recreation at (916) 685-3917 to sign up or receive more information.

Coed Youth Basketball League

Ages 4-6

Players will receive fundamental instruction on the game of basketball, guaranteed playing time and a free pass to all of the 04 Laguna Creek High School basketball home games. A reversible basketball jersey is also included. Games are on Saturdays January 17 through February 28.

Saturdays 1/17/04-3/13/04 9:00am-12:00pm

Held at: Laguna Creek High School

Cost: \$69

Flying Eagles Junior Basketball League

Ages 5-8

Learn the basics of basketball in this fun, non-competitive league. Included in registration fee are team trophies, jerseys, one practice and five league games. Participants must be 5 years old by January 1, 2004 and can not be 9 by August 1, 2004.

Division One: 5-6 year olds at McKee Elementary Wednesday 1/21/04-2/25/04

Division Two: 7-8 year olds

Held at: Morse Elementary Wednesday 1/21/04-2/25/04

Cost: \$65 per player

Pre-Tryout Baseball Camp with High Performance Sports

Ages 8-12

This camp is designed for returning, accomplished players that need to refresh their skills for the upcoming season. Players will learn from top notch coaches advanced baseball skills and mechanics. The camp centers offers a daily regimen of offensive and defensive skill stations stressing the importance and value of quality practice and the rules of the game. Students will increase performance in hitting, catching fly balls, fielding ground balls and base running. A physical conditioning and agility program will also be introduced.

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"Your Independent Local Government Agency Providing Parks, Recreation, Fire Protection and Emergency Medical Services"

Saturdays 1/10/04 and 1/17/04
Held at: Upper & Lower Kloss Park 10:00am-12:00pm
Cost: \$48 *Includes a camp t-shirt!*
Coach: Steve Abrams

Rookie & T-Ball Clinic With High Performance Sports

Ages 4-7

Young players will learn good sportsmanship and teamwork in this fun camp. Top-notch coaches will teach the fundamentals of baseball including proper throwing, catching and hitting mechanics, catching fly balls, fielding ground balls and base running. A physical conditioning and agility program will be introduced.

Saturdays 1/10/04 and 1/17/04
Held at: Upper & Lower Kloss Park 1:00-2:30pm
Cost: \$38 *Includes a camp t-shirt*
Coach: Steve Abrams

How to Become a Successful Youth Sports Coach With High Performance Sports

Ages 16+

A must for all those parents who are thinking of taking on the challenge of coaching their first youth sports team! High Performance Sports has put together this comprehensive course, built on the foundation that the well being of children should be placed above everything else. This course includes a 33 page take home manual that will assist beginning coaches in their quest to be successful and will give practical answers to the question "How do I get started?".

Thursday 1/22/04
Held at: Youth Center 7:00-9:00pm
Cost: \$38
Coach: Steve Abrams

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